

*Everyone can do something
to help prevent falls.*



**Local Falls Prevention: The
Johnson County Experience
July 10, 2015**

Objectives:

1. Identify 3 players invited to the Johnson County fall prevention coalition
2. Describe 2 goals of the Johnson County fall prevention coalition
3. Discuss 3 projects of the Johnson County fall prevention coalition

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***Sure Steps* is a collaborative falls prevention project focused on home-dwelling seniors in Johnson County**

Project developed as a Johnson County Livable Community (JCLC) Health Related Initiative

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In the Beginning...

- **JCLC asked the question:
What is an unmet health-related need?**
- **VNA Executive Director: Falls Prevention**
- **I was assigned to chair workgroup**

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Getting Started: 2009

- Consultation with Bob Welsh- JCLC representative and very active community leader- and myself to set a meeting and agenda
- Bob Welsh sent out invitations to a variety of community representatives.

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Initial Participants

- ⦿ Community Health
 - Johnson County Public Health
 - Visiting Nurse Association
- ⦿ University of Iowa connections
 - Physician
 - College of Nursing
 - Center for Disabilities and Development

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Initial Participants (cont.)

- ⦿ Social service agencies
 - Elder Services
 - Adult Day Program
 - Johnson County Senior Center
- ⦿ Community Representatives
 - Johnson County Livable Community
 - Former faculty College of Public Health

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What Worked for Us?

- Major “Cheerleader” Bob Welch
- JCLC sponsorship
- Health and Social Representatives
- Local Public Health Representative
- University of Iowa Representatives
- Belief that Falls were a problem

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Initial Meetings

- Affirmed need
- Determined focus on home-dwelling versus those in hospitals , rehab, or nursing homes
- Reviewed current literature & models

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Sure Steps Focus

- **Decided to focus on CDC's building blocks***
- Preventing Falls: What Works - A CDC Compendium of Effective Community-based Interventions from Around the World (9.66MB)
- *Preventing Falls: How to Develop Community-based Fall Prevention Programs for Older Adults(2.59 MB)

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CDC: Four proven steps to Prevent falls:

- Exercise
- Medication reviews
- Vision exams
- Home safety

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An Initial Plan

- ⦿ What was reasonable to accomplish?
- ⦿ Focus on Patient Awareness
- ⦿ Mall Display of home safety equipment
- ⦿ Op-Ed Pieces in local paper
- ⦿ Booth at Johnson County Fair

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Developing Sure Steps

- Tried for Wellmark Grant- didn't get
- Wrote proposal for another grant- didn't get
- 2010-Wrote another Wellmark Grant- funded for two years
- Allowed us to hire part time coordinator
- Allowed for expanded objectives

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Expanded Objective #1

- **Increase community awareness** regarding the costs and impact of falls among seniors; and promote steps that can be taken to reduce the risk of falling

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Expanded Objective #2

- **Expand usage of home safety & personal risk assessments** among in-home care providers and volunteers, and acceptance of these assessments among seniors

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Expanded Objective #3

- **Motivate seniors to increase physical activity**
- ...to become active and begin an exercise program to increase strength, coordination, & balance;
- provide local resource information about fitness activities available to seniors

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Expanded Objective #4

- **Develop prevention training resources for care providers**

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Sure Steps Projects

- **Fitness Assessments**
- **Organized and directed by a retired- public health employee**
- **8 ft TUG- Timed Up and Go**
- **Chair Rise exercise**
- **Arm strength**
- **Conduct in conjunction with community activities**

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Fall Prevention Resources: Online

- <http://www.livablecommunity.org/>
- Click on Sure Steps icon bottom left
- Forms are in Replication Guide
- Gift of Home Safety under Sure Steps Resources

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Fall Prevention Programs

- Matter of Balance-
- Difficulty getting volunteers to train and to help with classes after training
- No regular schedule after over 5 years

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Home Safety

Personal and Environmental Risk
Assessments By VNA or CON staff.

Developed assessment form

Assess, educate, make
recommendations or referrals

No charge to individuals

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Sample of Home Assess.

Name:			Date:	Evaluator:	
Address:		Phone:			
Area	Safety Feature	Yes	No	Comment/ Recommendation	
Bathroom	Grab bars in tub/shower			<input type="checkbox"/> Install Now- Important all ages- Never use towel racks	
	Non Slip mat or decals in tub/ shower			<input type="checkbox"/> Install Now- Important all ages	
	Tub or shower seat available			<input type="checkbox"/> Obtain Now <input type="checkbox"/> Consider for future	
	Handheld shower hose available			<input type="checkbox"/> Obtain Now <input type="checkbox"/> Consider for future	
	Shampoo, soap and towel in easy reach, with no turning required			<input type="checkbox"/> Change Current Practice <input type="checkbox"/> Obtain Shower organizer	

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Personal Risk Assess.

Sure Steps Fall Risk Assessment

Participant _____		Clinician _____	
Date: _____	Start Time _____	End Time _____	Travel: Minutes _____ Miles _____

HCP= Health Care Practitioner NP= Nurse Practitioner VN= Visiting Nurse (RN)

Patient Rights Information and Consent ☐ At Skilled Admit ☐ Completed today

MEDICAL HISTORY: Conditions that may contribute to Fall Risk ☐ Diabetes ☐ CVA ☐ Cardiovascular ☐ Arthritis
☐ Osteoporosis ☐ Fractures ☐ Vertigo ☐ Parkinson's ☐ Fractures ☐ Seizures ☐ Loss of Limb

Fall Risk Area

MEDICATION REVIEW:
 Transition of Care Visit:
☐ Patient has a written medication list
☐ Hospital DC list agrees with medications patient is taking
☐ Patient has additional prescription or OTC meds
☐ Contacted HCP to clarify medications

Medications that may contribute to falls (Note if taken currently or in past 7 days):
 Anesthetics
 Antihistamines
 Antihypertensive
 Antiseizure
 Benzodiazepines
 Cathartics
 Diuretics
 Hypoglycemics
 Psychotropics
 Sedative/hypnotics

Other medication concerns

CARDIOPULMONARY: BP Sit _____ [LT] [RT] BP Stand _____ [LT] [RT]
 Pulse [AP] _____ [Reg] [Irreg] _____
 [Rad] _____ [LT] [RT] [Reg] [Irreg] _____
 Resp _____

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C:\Users\Jill\AppData\Local\Temp\Temp1_appendix.zip\1- SureStepRiskAssess-

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Personal Risk Assess.

(includes: Personal Risk Assessment, Activity-Based-Confidence (ABC) Scale, Barthel Index of ADLs, OASIS ADL/IADL, PHQ-9 Depression Screen, GDS-Geriatric Depression Scale, Mini-Cog Mental Assessment, MAHC-10, Home Safety Evaluation, Risk Assessment Recommendations, Daily Exercise Guide, Medications and Fall Risk, 8-Foot Up and Go Test)

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Gift of Home Safety

- Developed brochure of gifts to increase safety of older adults
- Free/ Low Cost, Moderate & Higher Cost
- Print brochures annually
- Market via Email to civic organizations, churches, on web site
- Some years partnered with stores which sell home safety equipment

Gift of Home Safety



Give (or ask for)
a Gift of
Home Safety!

...The perfect answer when
you're thinking of what gift
you'd like to give (or receive.)

Look inside to find
practical gift ideas for
older family members
and friends.



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Gift of Home Safety

Home Safety Suggestions

No-Cost Suggestions

- Remove throw rugs to prevent falls.
- Arrange frequently used items to be easily accessible.
- Arrange furniture to allow easy passage.
- Check carpeting on stairs to make sure it is firmly attached.
- Keep floors and walkways clear of clutter.
- Open blinds and curtains and raise shades for better day lighting.
- Coil or tape telephone and computer cords along a wall.
- Set the hot water heater to 120°F.

More Costly Items

- Raised toilets*
- Walk-in showers.*
- Ramps or other needed repairs
(Assistance with ramps for low-income persons may be available. Call 319-631-8083)

Low-Cost Suggestions

- Install night lights in the bathroom and hallways.
- Use rubber suction bath mats or anti-slip strips in the tub or shower.
- Use brighter light bulbs when appropriate.
- Place self-stick carpet mesh or double-sided carpet tape under large rugs to prevent slipping.
- Place or mount an A-B-C rated all-purpose fire extinguisher near the stove.
- Replace knobs on cabinets and drawers with easy-to-grip D-shaped handles.
- Install smoke and carbon monoxide detectors on all levels of the house, especially by bedrooms.
- Replace traditional light switches with rocker-style switches.*

Other Suggestions

- Install a handrail on both sides of any staircase.*
- Mount grab bars next to toilet and bathtub and in the shower.*
- Install a hand-held adjustable shower head for easy bathing.
- Place a sturdy bathtub or shower seat in the tub or shower.
- Install lever handle faucets in sinks, tubs and shower. Some include anti-scald protection.*
- Install offset hinges on all doors to add two inches of width for wheelchair access.*
- Install easy-to-grip level door handles on most-used doors instead of knobs.*
- Install photosensitive porch or entry lights that come on at dusk and turn off at dawn.*
- Install motion sensor outdoor floodlights.*

Source: AARP, No-Cost/Low-Cost Home Improvements.

*These items may require installation by a professional.

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Medication Education

- Worked with College of Pharmacy Professor
- Developed Medication Handout related to Falls Prevention
- Medication Screening and education at health fairs

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Risk for Medication-Related Falls

- **The Number of Medications You Take & The Connection to Falls**

- **CONCERN:**

- As you increase the number of medications that you take, your risk of medication-related falls may increase.

- http://www.livablecommunity.org/Handler.ashx?Item_ID=D0348511-B044-477A-A762-0A96D8AE5912

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Medication Ed Sample

USE FOR MEDICATION	EXAMPLES OF MEDICATION	HOW THE MEDICATION MAY INCREASE RISK OF FALLS	WHAT TO REPORT TO HEALTH-CARE PROVIDER
MENTAL HEALTH RELATED			
<ul style="list-style-type: none"> • Anxiety • Restlessness • Seizures • Movement disorders • Sleep/sedation 	<ul style="list-style-type: none"> • Alprazolam (Xanax®) • Chlordiazepoxide (Librium®) • Clonazepam (Klonopin®) • Diazepam (Valium®) 	<ul style="list-style-type: none"> • Eszopiclone (Lunesta®) • Lorazepam (Ativan®) • Zolpidem (Ambien®) • Zaleplon (Sonata®) 	<ul style="list-style-type: none"> • Symptoms of light-headedness - (E.g.: <i>Blacking out, stumbling, or staggering</i>) • Loss of balance • Concentration or memory problem • Excessive drowsiness

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Fall Prevention Programs

- Stepping On
- VNA and CDD sent staff for training in January
- Two classes held at VNA. Very positive responses.
- Difficulty: Trained VNA coordinator is also Flu Clinic Coordinator

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Johnson County Fair

- Osteoporosis Screening (with U of I College of Pharmacy)
- Vision Problems Display (with local optometrist)
- Selecting appropriate Shoes- Display and Interactions with local businessman specializing in athletic shoes.

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Johnson County Fair

- ◉ Wheel of Fortune with Fall related questions
- ◉ Entertainment-
 - Songs with “Fall” in titles/ words
 - Dancers
 - Narrator

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Fall Prevention Awareness Day

- Op Ed Piece by a coalition member
- Proclamation for County Supervisors to sign at meeting.
- Table Displays for local congregate meals and assisted living

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Fall Prevention Online Learning

Dr. Paul Mulhausen, IGEC

Coordinated a year long speaker's bureau relating to falls prevention at Iowa Geriatric Education Center.

Made it available on-line
Link is on Sure Steps website

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Questions ?

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Thank you!

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.org**

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